## Priority Topic: CRISIS

### Key Features:

**For a single source on this topic:** Crisis Management AAFP 2006

1. Take the necessary time to assist patients in crisis, as they often present unexpectedly.
   - ✓ Just do it!
   - ✓ Trauma-Informed Care AAFP 2017 - Didn’t know where else to put this but it's relevant

2. Identify your patient’s personal resources for support (e.g., family, friends) as part of your management of patients facing crisis.

**What you should study:**

- ✓ Acute Stress Disorder AAFP 2012  Psychological First Aid

3. Offer appropriate community resources (e.g., counselor) as part of your ongoing management of patients with a crisis.
   - ✓ Just do it! Remember, there are often crisis centres and shelters where people can stay in times of crisis


**What you should study:** see also Priority Topics Depression and Suicide

- ✓ Suicide Assessment BMJ Infographic
- ✓ Crisis Management AAFP 2006
5. Use psychoactive medication rationally to assist patients in crisis.  
✓ Just do it! Couldn’t find a good article for this.

6. Inquire about unhealthy coping methods (e.g., drugs, alcohol, eating, gambling, violence, sloth) in your patients facing crisis.  
✓ Just do it!

7. Ask your patient if there are others needing help as a consequence of the crisis.

8. Negotiate a follow-up plan with patients facing crisis.

**What you should study:**
✓ Crisis Management AAFP 2006  Steps 4 & 5

9. Be careful not to cross boundaries when treating patients in crisis (e.g., lending money, appointments outside regular hours).

**What you should study:**
✓ Better Boundaries 2011

10. Prepare your practice environment for possible crisis or disaster and include colleagues and staff in the planning for both medical and non-medical crises.  
✓ Just do it! (more for practice than exam)

11. When dealing with an unanticipated medical crisis (e.g., seizure, shoulder dystocia),
   a) Assess the environment for needed resources (people, material).
   b) Be calm and methodical.
   c) Ask for the help you need.  
✓ Just do it!